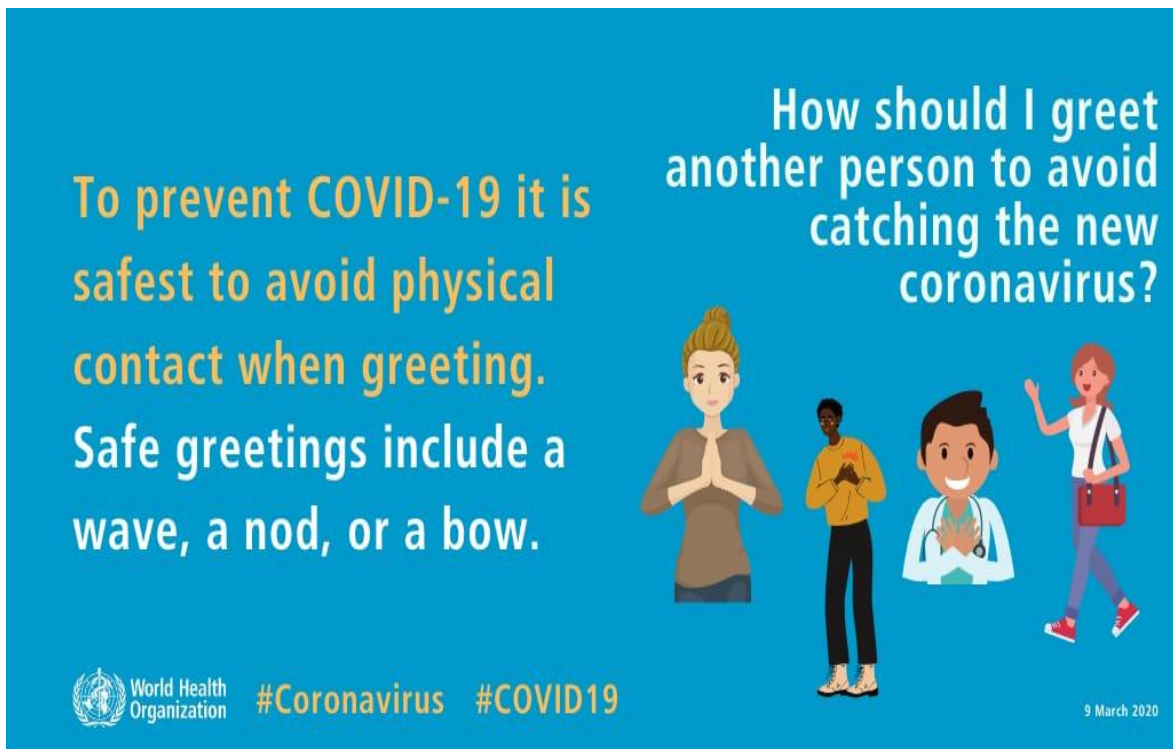


## Newsletter

### Preventive Measures from COVID-19

- ❖ Wash your hands regularly with soap and water for at least 20 seconds.
- ❖ If soap and water is not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- ❖ Maintain at least 1 metre (3 feet) distance between yourself and others.
- ❖ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ❖ Cover your mouth and nose with handkerchief / tissue paper while coughing or sneezing.
- ❖ Through used tissues into closed bins immediately after use.
- ❖ Avoid mass gathering and crowded places.
- ❖ Stay home and self-isolate even with minor symptoms such as cough, headache, mild fever, until you recover.
- ❖ If you need to leave your house, wear a mask to avoid infecting others.
- ❖ Refrain from smoking and other activities that weaken the lungs.
- ❖ Practice physical distancing by avoiding unnecessary travel and staying away from large groups of people.
- ❖ If you have a fever, cough or difficulty in breathing, seek medical attention.



**To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.**

**How should I greet another person to avoid catching the new coronavirus?**

World Health Organization #Coronavirus #COVID19

9 March 2020

**How should I wash fruit and vegetables in the time of COVID-19?** Wash them the same way you would in any other circumstance.

Before handling them, wash your hands with soap and water.

Then, wash fruit and vegetables thoroughly with clean water, especially if you eat them raw.



17 April 2020

#Coronavirus #COVID19



World Health Organization

## References:-

- <https://www.who.int>
- Slideshare
- Ministry of health

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